

**Full Report (All Nutrients) 15128, Fish, tuna salad**

Report Date:October 08, 2015 07:24 EDT

Nutrient values and weights are for edible portion.

**Food Group : Finfish and Shellfish Products****Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 cup 205g
<b>Proximates</b>						
Water	g	63.16	--	--	53.69	129.48
Energy	kcal	187	--	--	159	383
Energy	kJ	782	--	--	665	1603
Protein	g	16.04	--	--	13.63	32.88
Total lipid (fat)	g	9.26	--	--	7.87	18.98
Ash	g	2.14	--	--	1.82	4.39
Carbohydrate, by difference	g	9.41	--	--	8.00	19.29
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	17	--	--	14	35
Iron, Fe	mg	1.00	--	--	0.85	2.05
Magnesium, Mg	mg	19	--	--	16	39
Phosphorus, P	mg	178	--	--	151	365
Potassium, K	mg	178	--	--	151	365
Sodium, Na	mg	402	--	--	342	824
Zinc, Zn	mg	0.56	--	--	0.48	1.15
Copper, Cu	mg	0.145	--	--	0.123	0.297
Manganese, Mn	mg	0.040	--	--	0.034	0.082
Selenium, Se	µg	41.2	--	--	35.0	84.5
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	2.2	--	--	1.9	4.5
Thiamin	mg	0.031	--	--	0.026	0.064
Riboflavin	mg	0.070	--	--	0.060	0.144

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 cup 205g
Niacin	mg	6.700	--	--	5.695	13.735
Pantothenic acid	mg	0.260	--	--	0.221	0.533
Vitamin B-6	mg	0.081	--	--	0.069	0.166
Folate, total	µg	8	--	--	7	16
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	7	16
Folate, DFE	µg	8	--	--	7	16
Vitamin B-12	µg	1.20	--	--	1.02	2.46
Vitamin A, RAE	µg	24	--	--	20	49
Retinol	µg	22	--	--	19	45
Vitamin A, IU	IU	97	--	--	82	199
<b>Lipids</b>						
Fatty acids, total saturated	g	1.544	--	--	1.312	3.165
14:0	g	0.014	--	--	0.012	0.029
16:0	g	1.280	--	--	1.088	2.624
18:0	g	0.249	--	--	0.212	0.510
Fatty acids, total monounsaturated	g	2.887	--	--	2.454	5.918
16:1 undifferentiated	g	0.045	--	--	0.038	0.092
18:1 undifferentiated	g	2.828	--	--	2.404	5.797
20:1	g	0.014	--	--	0.012	0.029
Fatty acids, total polyunsaturated	g	4.122	--	--	3.504	8.450
18:2 undifferentiated	g	3.722	--	--	3.164	7.630
18:3 undifferentiated	g	0.332	--	--	0.282	0.681
20:5 n-3 (EPA)	g	0.014	--	--	0.012	0.029
22:6 n-3 (DHA)	g	0.055	--	--	0.047	0.113
Cholesterol	mg	13	--	--	11	27
<b>Amino Acids</b>						
Tryptophan	g	0.180	--	--	0.153	0.369
Threonine	g	0.701	--	--	0.596	1.437
Isoleucine	g	0.739	--	--	0.628	1.515
Leucine	g	1.293	--	--	1.099	2.651
Lysine	g	1.457	--	--	1.238	2.987
Methionine	g	0.470	--	--	0.399	0.963

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 cup 205g
Cystine	g	0.172	--	--	0.146	0.353
Phenylalanine	g	0.626	--	--	0.532	1.283
Tyrosine	g	0.539	--	--	0.458	1.105
Valine	g	0.824	--	--	0.700	1.689
Arginine	g	0.967	--	--	0.822	1.982
Histidine	g	0.467	--	--	0.397	0.957
Alanine	g	0.962	--	--	0.818	1.972
Aspartic acid	g	1.632	--	--	1.387	3.346
Glutamic acid	g	2.402	--	--	2.042	4.924
Glycine	g	0.767	--	--	0.652	1.572
Proline	g	0.565	--	--	0.480	1.158
Serine	g	0.657	--	--	0.558	1.347